

# Rhythm & Spirit

## Dance \* Tumbling \* Cheer




**Rhythm & Spirit Dance Program**  
**Franklin Recreation Complex**  
 1120 Hillsboro Rd., Franklin

**Rhythm & Spirit Tumbling & Cheer Program**  
**Indoor Arena @ Crockett Park**  
 1485 Volunteer Parkway, Brentwood

Contact us at 370-3471  
 Jen Barnes x2117 or Kristi McDonald x2118

# Student & Parent Handbook

**WILLIAMSON COUNTY**  
**PARKS & RECREATION**

# RHYTHM & SPIRIT

## What is Rhythm & Spirit?

Williamson County Parks and Recreation is excited to present you with the start of something special. "Rhythm and Spirit" is the fun, affordable and quality Dance, Tumbling and Cheer Program that we have been wanting to offer our community for many years. Our program is recreational and our teachers strive to know their students as individuals to help them improve at their own pace. Rhythm & Spirit is a wonderful opportunity to dance in a non-competitive environment full of students who are not only here to learn, but also to have fun!

## Benefits of Rhythm & Spirit

- Classroom environments are supportive and informative
- Small class sizes so your child will not get "lost in the shuffle"
- Professionally trained and experienced instructors
- Variety of class styles and techniques
- Affordable class pricing
- Helps support a healthy lifestyle
- Participants will gain strength, balance and coordination
- Participation builds self-confidence
- Classes are challenging, encouraging and FUN!!!

## Rhythm & Spirit Coordinators

### JEN BARNES

Jen is well versed in all aspects of dance performance as well as in choreography and dance instruction. Barnes is coordinating the Rhythm and Spirit Program of dance, tumbling, and cheer for Williamson County Parks and Recreation. A McMinnville, TN native, Barnes received a dance scholarship to the University of Memphis, where she received a bachelor's degree in Business Administration and was captain of the dance team and member of the 2000 National Collegiate Dance Team Championship squad. After college she was a member of cheer/dance squads for the Memphis Redbirds, Memphis Grizzlies and Tennessee Titans. Barnes also taught studio lessons in McMinnville, TN and developed community recreational programs for the McMinnville Parks and Recreation Department. In 2007, Barnes joined the Nashville Predators as dance team coach and choreographer. She joined WCPR in 2008 and is currently developing community athletic and dance programs for the department.

### KRISTI MCDONALD

Kristi is a Franklin native with over fifteen years of formal dance training. She is a graduate of Oklahoma City University (OCU), where she received a bachelor of performing arts in Dance Performance. Kristi received a dance and academic scholarship to OCU. In college, she was a member of the American Spirit Dance Company, the OCU Pep Dancers and the Oklahoma City Yard Dawgz arena football dance team. For the past three years, she has been a dancer for Princess Cruise Lines performing on the Sapphire, Coral, Caribbean and Diamond Princess ships. Her travels have taken her to ports of call in Asia, the Caribbean, Mexico and Alaska. She is happy to have her feet back on solid ground and sharing dance with students in her hometown.





# Rhythm & Spirit Instructors

## MAUREEN CALLAHAN

Maureen originally, from Nashville TN, comes from a dance background. Starting at a very young age training in ballet, tap, jazz, and musical theater continued her studies through the Commercial Entertainment Program at Columbia State. After two years she received a certificate in Dance Studio Management as well as Commercial Entertainment; Music Theory and Dance Pedagogue.. While attending Columbia State, Maureen was part of "Suessical the Musical" as well as "Company" by Stephen Sondheim. Maureen's career has taken her all over the world both land and sea in a variety of styles of shows. As well as performing as a dancer, Maureen performed as an aerialist on the trapeze. Maureen's passion for performing extends out to choreography and teaching to all ages of all styles of dance.



## STEPHANIE CLARK

Stephanie Nicole Clark started dancing at the age 10, studying classical ballet. At 16, she left her home town to study ballet and contemporary at American Ballet Theater, Joffrey Ballet School, and attended Juilliard's dance program as well. Shortly after her time in New York City, she was offered a 2 year second company contract with Nashville Ballet in 2008. In 2012 she was signed to The Movement Talent Agency and has had the opportunity to perform with major companies such as Disney, Dreamworks and Cash Money Records. In 2010, she was also featured on Fox's So You Think You Can Dance (Season 7). Since being in Nashville, Stephanie has been teaching all styles including Ballet, Pointe, Jazz, Hip hop, and Acro to all ages.



## TOSHA PENDERGRAST

Tosha was born and raised in Nashville and graduated from Hume-Fogg Academic High School. There, she founded her school's Dance Club, was an active member in the theater department, and was part of the award winning show choir 'The Blue Notes'. After high school she went to Oklahoma City University as a Dance Performance major. While in Oklahoma, she was part of The American Spirit Dance Company, OCU Rhythms (the hip hop and step team), and the OCU Theater Department. She has a passion for dance and has studied at studios including Broadway Dance Center, STEPS on Broadway, and more in NYC and Chicago. She has taught at many studios in the Nashville area, and is excited to be teaching and choreographing for Williamson County Parks and Recreation.



## ASHLEY GREEN

Ashley has cheered for the Kentucky Elite All-Stars, the University of Kentucky, Tennessee Titans and Nashville Kats. She was a Universal Cheerleading Association All-Star for two years and was named Cheer Limited's National Cheerleader of the Year in 1997. Ashley has served as choreographer and coach for numerous local cheer squads.



## KATIE STEVENSON

Katie started dancing at a young age in her hometown of Omaha, NE. She spent most of her life training in ballet, tap, and jazz and enjoyed performing in local community theater productions. She attended Oklahoma City University and graduated in May of 2012 with a Bachelor of Science in Dance Management. During her time at OCU, Katie was a part of many productions and trained from respected names such as Jo Rowan, Brian Marcum, and Jay Fagan to name a few. She has also had the privilege of training in New York City, taking master classes from some of Broadway's finest. Katie is looking forward to sharing her love of dance with her students at Rhythm and Spirit!



## RAVEN JACKSON

Raven began her dance training at a very young age. Getting serious into ballet, she began training at Nashville School of Ballet. There, she performed in several ballet performances including The Nutcracker and Sleeping Beauty. In 2004, she attended the Alvin Ailey School as a scholarship student where she danced for two summers before receiving a full scholarship to Brenau University to study dance in 2007. Raven has trained in many master classes from Alvin Ailey, American Ballet Theatre, Jacob's Pillow and Juilliard.



## CURTIS GRECCO

Curtis is a native of Sacramento, CA and was raised in Denver, CO and Nashville, TN. He started his dance career in 2002 as a student studying everywhere he could. Over the past 10 years, he has had the privilege of traveling the world studying, teaching and performing. After an amazing contract working as a dancer on Princess Cruise Lines, he now resides in Nashville working in many departments of the industry such as dancing and being a DJ. Curtis enjoys choreographing, teaching, and sharing his love for dance with his



## KATIE GIBBENS

Katie Gibbens is a classically trained ballet dancer with years of performing and teaching experience. After receiving a full scholarship to North Carolina Dance Theatre's international summer intensive, she began her professional career in 2007. She then had the privilege of studying and performing with ballet companies from California to London, performing soloist roles in some of her favorite classical and contemporary ballets. Upon receiving artistic and academic scholarships to Southern Methodist University in Dallas, TX, she earned a Bachelor of Fine Arts degree in Dance Performance at the prestigious Meadows School of the Arts. Katie enjoys sharing her love of dance, using a supportive, nurturing teaching style with her students.



# DANCE



## Rhythm & Spirit Dance Class Descriptions

**Ballet/Tap Combo (3-5yr.)**-In this class, young dancers will be introduced to the fundamentals of tap and ballet. They will learn basic steps in both styles. Body awareness and self confidence will be emphasized.

**Attire:** leotard, pink tights, pink ballet shoes, and black tap shoes with ties or elastic.

**Diva Dancers (3-5yr.)**-This class will focus on balance, musicality, and coordination. Class format will include dancing with props and using creativity and imagination.

**Attire:** leotard, pink tights, and pink ballet shoes.

**Ballet (6-17yr.)**-Learn grace, balance, and technique to strengthen muscles and create proper body placement. The foundation of ballet positions and terminology will be taught.

**Attire:** solid color leotard, pink tights, pink ballet shoes, and hair up in ponytail or bun

**Jazz (6-17yr.)**-This class will focus on jumps, turns, leaps, flexibility, and proper body placement. Attention will also be placed on stage presence, rhythm, and learning choreography.

**Attire:** leotard or fitted top, tights, fitted pants or fitted shorts with tights (no bare legs), tan or black jazz shoes, and hair up and out of face.

**Tap (6-17yr.)**-Learn tap fundamentals as well as choreography. Rhythm, musicality, and stage presence will also be stressed. The lessons learned in tap will benefit all other styles of dance.

**Attire:** same as jazz. black tap shoes

**Hip Hop (6-17yr.)**-Learn to isolate, pop, and groove. Focus will be on dance fundamentals and classic hip hop movement.

**Attire:** tank top or t-shirt, sweat pants or fitted jazz pants, and tennis shoes.

**Boys Hip Hop/Break dance (6-17yr.)**-Boys will gain strength, balance, and athleticism while learning hip hop combinations and break dance moves.

**Attire:** tank top or t-shirt, sweat pants, and tennis shoes.

**Adult Hip Hop/Jazz combo (18 and up)**-This class will combine a jazz warm-up, jazz and hip hop across the floor exercises, and choreography in both styles. All levels are welcome from beginners to professional.

**Attire:** comfortable dance clothes, no jeans, jazz shoes and tennis shoes.

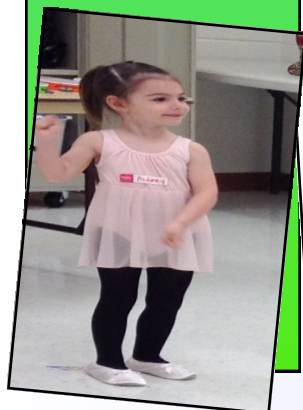
**Saturday Drop in combo class (15-17yr and Adult)**-A no-stress class to learn dance combinations of different styles each week in a fun environment. Registration is not required for this class.

**Attire:** Comfortable clothes, no jeans, appropriate dance shoes

**Adult & Senior Tap**-This is a carefree and fun class where you will learn tap steps and combinations in a relaxed environment. Your feet will be making beautiful music in no time!

**Attire:** Comfortable clothes, no jeans, and tap shoes.

**Individual sessions (12-17 yr)**-This is one-on-one time with an instructor to further work on technique or dance fundamentals. This time can also be used in prepara-





# Rhythm & Spirit Dance Class Schedule and Fees

## Rhythm & Spirit Dance

### Spring Program (16 weeks)

January 7<sup>th</sup>, 2013 through May 11<sup>th</sup>, 2013

\*no class Monday, January 21 (MLK Holiday)

\*no class Monday, February 18 (President's Day)

\*no class March 25-30 (Spring Break)

<b><u>Mondays (January 7<sup>th</sup>-May 11th)</u></b>		<b><u>Class</u></b>	<b><u>Payment #1 (8 weeks)</u></b>	<b><u>Payment #2 (8 weeks)</u></b>	<b><u>Fall Total (16 weeks)</u></b>
10:15am - 11:10am	3 to 5 year olds	Ballet/Tap combo	\$70.00	\$70.00	\$140.00
11:30am - 12:25pm	3 to 5 year olds	Ballet/Tap combo	\$70.00	\$70.00	\$140.00
4:15pm - 5:10pm	3 to 5 year olds	Ballet/Tap combo	\$70.00	\$70.00	\$140.00
5:15pm - 6:15pm	6 to 8 year olds	Hip Hop (girls & boys)	\$80.00	\$80.00	\$160.00
6:15pm - 7:15pm	9 to 11 year olds	Hip Hop (girls & boys)	\$80.00	\$80.00	\$160.00
7:15pm - 8:15pm	12 to 14 year olds	Hip Hop (girls & boys)	\$80.00	\$80.00	\$160.00
8:15pm - 9:15pm	15 to 17 year olds	Hip Hop (girls & boys)	\$80.00	\$80.00	\$160.00

<b><u>Tuesdays (January 7<sup>th</sup>-May 11th)</u></b>		<b><u>Class</u></b>	<b><u>Payment #1 (8 weeks)</u></b>	<b><u>Payment #2 (8 weeks)</u></b>	<b><u>Fall Total (16 weeks)</u></b>
4:15pm - 5:15pm	6 to 8 year olds	Jazz	\$80.00	\$80.00	\$160.00
5:15pm - 6:15pm	9 to 11 year olds	Jazz	\$80.00	\$80.00	\$160.00
6:15pm - 7:15pm	12 to 14 year olds	Jazz	\$80.00	\$80.00	\$160.00
7:15pm - 8:15pm	15 to 17 year olds	Jazz	\$80.00	\$80.00	\$160.00

<b><u>Wednesdays (January 7<sup>th</sup>-May 11th)</u></b>		<b><u>Class</u></b>	<b><u>Payment #1 (8 weeks)</u></b>	<b><u>Payment #2 (8 weeks)</u></b>	<b><u>Fall Total (16 weeks)</u></b>
10:30am - 11:25am	3 to 5 year olds	Diva Dancers	\$70.00	\$70.00	\$140.00
11:30am - 12:25pm	3 to 5 year olds	Diva Dancers	\$70.00	\$70.00	\$140.00
4:15pm - 5:10pm	3 to 5 year olds	Diva Dancers	\$70.00	\$70.00	\$140.00
5:15pm - 6:15pm	15 to 17 year olds	Ballet	\$80.00	\$80.00	\$160.00
7:15pm - 9:00pm	Individual/Small Group Lessons				

<b><u>Thursdays (January 7<sup>th</sup>-May 11th)</u></b>		<b><u>Class</u></b>	<b><u>Payment #1 (8 weeks)</u></b>	<b><u>Payment #2 (8 weeks)</u></b>	<b><u>Fall Total (16 weeks)</u></b>
9:30am - 10:30am	Adult & Seniors	Tap	\$70.00	\$70.00	\$140.00
4:15pm - 5:15pm	6 to 8 year olds	Ballet	\$80.00	\$80.00	\$160.00
5:15pm - 5:45pm	6 to 8 year olds	Tap	\$40.00	\$40.00	\$80.00
5:45pm - 6:15pm	9 to 11 year olds	Tap	\$80.00	\$80.00	\$160.00
6:15pm - 7:15pm	9 to 11 year olds	Ballet	\$40.00	\$40.00	\$80.00
7:15pm - 8:15pm	12 to 14 year olds	Ballet	\$80.00	\$80.00	\$160.00
8:15pm - 8:45pm	12 to 14 year olds	Tap	\$40.00	\$40.00	\$80.00

<b><u>Fridays (January 7<sup>th</sup>-May 11th)</u></b>		<b><u>Class</u></b>	<b><u>Payment #1 (8 weeks)</u></b>	<b><u>Payment #2 (8 weeks)</u></b>	<b><u>Fall Total (16 weeks)</u></b>
4:15pm-5:10pm	5 year olds	Ballet/Tap combo	\$70.00	\$70.00	\$140.00
5:15pm-6:15pm	6 to 8 year olds	Hip Hop	\$80.00	\$80.00	\$160.00
6:15pm-7:15pm	9 to 11 year olds	Hip Hop	\$80.00	\$80.00	\$160.00

<b><u>Saturdays (January 7<sup>th</sup>-May 11th)</u></b>		<b><u>Class</u></b>	<b><u>Payment #1 (8 weeks)</u></b>	<b><u>Payment #2 (8 weeks)</u></b>	<b><u>Fall Total (16 weeks)</u></b>
9:00am - 9:55am	3 to 5 year olds	Diva Dancers	\$70.00	\$70.00	\$140.00
10:00am - 10:55am	3 to 5 year olds	Ballet/Tap combo	\$70.00	\$70.00	\$140.00
11:00am - 12:00pm	3 to 5 year olds	Ballet/Tap combo	\$70.00	\$70.00	\$140.00
12:00pm - 1:00pm	6 to 8 year olds	<b>Boys</b> Hip Hop/Break dance	\$80.00	\$80.00	\$160.00
1:00pm-2:00pm	9 to 11 year olds	<b>Boys</b> Hip Hop/Break dance	\$80.00	\$80.00	\$160.00

# DANCE



## Frequently Asked Questions

### Rhythm & Spirit Dance Program FAQs

#### Q: Where are classes held?

A: Classes are held at the WCPR Dance Studio located inside the Franklin Recreation Complex at 1120 Hillsboro Road in Franklin unless otherwise noted.

#### Q: What are the dates of Spring dance classes?

Spring classes are from January 7<sup>th</sup>, 2013 through May 11<sup>th</sup>, 2013

*\*no class Monday, January 21<sup>st</sup>, 2013 (MLK holiday) Make-Up classes will be offered*

*\*no class Monday, February 18<sup>th</sup>, 2013 (President's Day) Make-Up classes will be offered*

*\*no class Mar. 25-30 (Spring Break)*

*\*Spring recital rehearsals May 13-16, 2013*

*\*Spring recital May 17-18, 2013*

#### Q: How do we register for the dance program?

A: There are 2 options for registering for the Dance Program...

##### Option #1: In-Person Registration

You may fill out registration ahead of time and bring them with you to register in person or we will have forms available. Registration forms are available on our website at [www.wcprathletics.org](http://www.wcprathletics.org). **If you have more than one child participating in classes, you will need to fill out a separate registration form for each child.**

*A 5% discount will be given for paying for both sessions (16 weeks) up front. This discount is only available at In-Person registration and is not available through mail.*

**In-person registration will be held at the Franklin Recreation Complex during the following dates and times:**

Saturday, December 1st - 8:00am to 1:00pm

Saturday, December 8th - 1:00pm to 6:00pm

**In-person registration will be held at Rolling Hills Community Church during the following dates and times:**

Friday, December 14th - Holiday Performance Dress Rehearsal - 5:00pm to 8:00pm

Saturday, December 15th - Holiday Performance - 5:00pm to 8:00pm

**\*December 15th is the last day for Spring in-person registration.**

##### Option #2: Mail-In Registration

Registration forms are available on our website at [www.wcprathletics.org](http://www.wcprathletics.org). Download and print the forms and mail them in with your payment. Please make checks payable to WCPR. Please be aware that the 5% discount for paying for both sessions (16 weeks) up front is not available with the mail-in option. **If you have more than one child participating in classes, you will need to fill out a separate registration form for each child.**

**You send mail in registration to:**

Indoor Sports Complex

Attn: Rhythm & Spirit

920 Heritage Way

Brentwood, TN 37027

**\*\*Class sizes are limited. We will take registration until classes are full.**

#### Q: What is the cost of the Dance Program and how are payments made?

A: Please see the class schedule for exact cost of classes as they vary. Please note that we **DO NOT** charge a Registration Fee on top of class fees!

1) During registration, you will be committing to your child's participation for the full 16 week Spring Program.

2) At the time of registration you can choose to either pay for the entire 16 weeks Spring program and receive a 5% discount on your total price (**at In-Person Registration only**) OR you can choose to split up your payments into 2 installments. Your first payment is due at registration and the second is due no later than March 4th, 2013 for the Spring program.

**CHILDREN WILL NOT BE PERMITTED TO ATTEND THE 2<sup>ND</sup> HALF OF CLASSES UNTIL PAYMENT HAS BEEN MADE.**

3) No refunds will be processed once classes have started.

**Q: When and Where is the Spring Dance Recital?**

**A:** The recital will take place at Rolling Hills Community Church in Franklin.

Save these important dates on your calendar:

Spring recital rehearsals Monday, May 13, 2013-Thursday, May 16, 2013

Spring recital performances Friday, May 17 & Saturday, May 18, 2013

**Q: How much are Costumes for the Spring Dance Recital?**

**A:** At WCPR, we strive to make our quality programs as financially friendly as possible and do not expect families to pay an excess in participation fees for our activities and programs. However, we do want children to get the most out of their performance experience. Therefore, we will charge an additional fee for costumes to be purchased for your child. We will do everything in our power to keep costumes at a minimal fee, also keeping in mind that some children will be required to have multiple costumes if participating in multiple classes. We foresee the charge to be between \$30-\$40 per costume.

**Detailed information regarding the Spring Dance Recital – including Costumes, Ticket Sales, Professional Pictures, etc. will be sent home with all students, in addition to being sent via email to all the parents once classes have begun in January.**

**Q: What are the Adult classes being offered?**

**A:** We will be offering an Adult & Seniors Tap class. Please see the class schedule for details. Registration forms are available on our website at [www.wcprathletics.org](http://www.wcprathletics.org).

**For any additional questions regarding the Rhythm & Spirit Dance Program,  
please call (615) 370-3471 – ext. 2117 for Jen Barnes ([JenB@williamson-tn.org](mailto:JenB@williamson-tn.org)) or  
ext. 2118 for Kristi McDonald ([KristiF@williamson-tn.org](mailto:KristiF@williamson-tn.org))**





# TUMBLING & CHEER



## Rhythm & Spirit Tumbling

### Balancing Babes (Ages 2-3 yrs):

Spring into action with your tumbling toddler! Together explore physical movement, gain strength & flexibility, learn about body awareness by leaping, rolling, & spinning! See the change in stability & self-control as your child progresses slow & steady with a big finish!

**\*\*Balancing Babes is a Mommy & Me class.**

### Tiny Tumblers (Ages 4-5 yrs):

Roll like a log, leap like a frog, balance like a cat, & swing like a monkey! Through games & exercises, develop coordination & motor skills. Try your new talents on a variety of gymnastic equipment in a structured, safe and fun setting!

**\*\*Tiny Tumblers requires that a parent/guardian be present.**



**\$70 per 8 weeks**

### **Choose one:**

#### Wednesdays

**January 9th-February 27th (1st 8 weeks)**

**March 6th-May 8th (2nd 8 weeks)**

Balancing Babes	ages 2-3yr	10:30am-11:15am	Mommy and me
Tiny Tumblers	ages 4-5yr	11:30am-12:15pm	Parent present

#### Thursdays

**January 10th-February 28th (1st 8 weeks)**

**March 7th-May 9th (2nd 8 weeks)**

Balancing Babes	ages 2-3yr	10:30am-11:15am	Mommy and me
Tiny Tumblers	ages 4-5yr	11:30am-12:15pm	Parent present

### Rhythm & Spirit Tumbling Policies

- Balancing Babes is a “mommy and me” class. A parent should expect to participate in this class.
- Tiny Tumblers requires that a parent be present during the entire duration of the class.
- Please arrive early enough to use the bathroom and be on the field by class time.
- No food, drinks, or gum allowed. Water bottles with a lid are allowed.
- No jewelry should be worn.
- Hair should be pulled back so we can see your child’s beautiful face.
- All class adjustments based on level/maturity will be made at the teacher’s discretion after the 1st week of classes.

### Tumbling Class Attire

- Fitted clothing
- Socks or tennis shoes





# Rhythm & Spirit Cheer and Dance Clinic

The instructors are all former **NFL Cheerleaders** with an impressive background in Cheer and Dance. The Instructors will make sure each child is learning and progressing to their fullest potential. Your child will not get "lost in the shuffle". It is a fun, hard-working atmosphere where the instructors instill good work ethic, positive attitudes, and all around better individuals. Each session will focus on improving skills, Cheer and Dance technique, learning NEW choreography and NEW cheers, working on leaps and jumps, learning cool tricks, playing games, and having fun. There will be a performance on the final day of the clinic.

## Clinic Time

**6 week clinic-\$75**

Spring

Thursdays

March 7-April 18, 2013

4:30pm-6:00pm



## Cheerleading Tryout Prep

Is your daughter tryingout for her school's cheerleading squad this Spring?  
Would she like to receive individual attention for her skills and tryout requirements? If yes, then this new class is for you!

**\*Limited SpaceAvailable\***

**This class is for grades 5-8  
Fridays February 15th-March 22nd  
7:15pm-8:15pm  
\$60**

Located in the Rhythm & Spirit Dance Studio at the  
Franklin Recreation Complex



# POLICIES



## Rhythm & Spirit Policies

### Make-up classes

If a student misses a class for any reason, he/she will have the opportunity to make up in another class of the same age or one age level younger.

### Payments

If you are not paying for the full 16 week program in full at the time of registration, then your payments will be made in 2 installments. The 1st payment is made at the time of registration. The 2nd payment will be due no later than March 4th, 2013 for the Spring program. Please note that we do not mail out statements.

### Refunds

No refunds will be issued once classes have begun. WCPR reserves the right to cancel classes due to low enrollment. Should WCPR cancel a class for any reason and the student cannot be placed in another class, then a refund will be issued. Students are responsible for full payment regardless of absences.

### Dance attire stores

Spell's Dance Theatre Shop

330 Franklin Rd.

Brentwood, TN 37027

(615) 376-4647

[spellsdancewear.net](http://spellsdancewear.net)

Franklin Dancewear

320 Liberty Pike, Suite 104

Franklin, TN 37069

888-99DANCE

Discount Dance Supply

Catalog and Online Store

[discountdance.com](http://discountdance.com)



# Rhythm & Spirit Class Rules

- Please arrive early enough to use the bathroom and put on appropriate shoes before class starts.
- We prefer that parents stay in the building while young children are in class in case they need you.

**\*Parents of 3-5 years olds dancers in Ballet/Tap Combo or Diva Dancers must stay in the waiting area outside the classroom.**

- Names should be written inside all dance shoes.
- No food, drinks, or gum allowed. Water bottles with a lid are allowed.
- No jewelry should be worn.
- Hair should be pulled back so we can see your child's beautiful face.
- Please come inside the building to pick up your child and be on time. We will ask your child to wait inside until you have arrived.
- Please register for the age appropriate class. This should be the student's age as of January 1st, 2013. All class adjustments based on level/maturity will be made at the teacher's discretion after the 1st week of classes.
- A minimum of **4 students** enrolled is required for a class to convene.
- Names should be written inside all dance shoes.
- We are happy to address any concerns you may have. Please call 370-3471 for Jen Barnes ext. 2117 or Kristi McDonald ext. 2118 for any questions or concerns. You can also email at [JenB@williamson-tn.org](mailto:JenB@williamson-tn.org).

**\*Rhythm & Spirit has been created to provide a comfortable and fun environment for students to learn. Because of this, disrespect or gossip of any kind towards each other, children, instructors or front desk staff will not be tolerated. We want this to be as great of an experience for you as it is for your child.**



### **Contact Us**

**For any additional questions regarding the Rhythm & Spirit Program, please call 370-3471 for Jen Barnes ext. 2117 ([JenB@williamson-tn.org](mailto:JenB@williamson-tn.org)) or Kristi McDonald ext. 2118 ([KristiF@williamson-tn.org](mailto:KristiF@williamson-tn.org)).**

### **Weather Cancellation**

**If you are unsure if classes are cancelled due to inclement weather or weather related concerns, please call (615) 591-8524.**



**WILLIAMSON COUNTY  
PARKS & RECREATION**